

DURHAM BIG RIDES

What to expect on the day **- 12th September 2010**

First and foremost we hope you have a really enjoyable day – the event is all about fun and fitness and how the two are not necessarily mutually exclusive.

Prior to the event you will have received through the post your joining instructions; your ride number; a map of the course; and parking instructions.

PARKING – is free on the day at County Hall. If you are arriving from the south, please use the DLI Museum car park. If you arrive from the north please use the northern car park at County Hall. Please note there will be NO access to County Hall itself off the A691 County Hall roundabout.

BLUE BADGE PARKING – for those participants with blue badges there will be some limited parking in County Hall. Will you please advise us in advance, giving us details of your blue badge and vehicle registration number, and we will include a pass with your joining instructions.

START – All rides start from County Hall:-
the Middle and Big Rides at 9am;
and the Little Ride at 9.30am.
We suggest you arrive at least 30 minutes before the start.
All timings are currently approximate and may be subject to change - your joining instructions will confirm the times.

RIDE DETAILS – for more details on each of the rides, including a map of the route, please look at tabs for 'Routes' on the Durham Big Ride web home page.

INFO – Lambs Cycles (our City Centre partner) will provide a Bike Doctor will be at the start and he will do his best to sort

out any mechanical problems you may have. Our 'recovery' van will then travel the various routes and try and help anyone with punctures and the like.

WATER STOPS – there will be water available at the start and finish as well as stops on the route which will be identified in the joining instructions. You are advised to bring your own as well, however.

EMERGENCIES – there will be contact phone details provided with the joining instructions. In addition there will be marshals throughout all the courses with radios and mobile phones. If there are no marshals or St John ambulance in the vicinity at the time of the emergency then you should call 999 in the normal fashion.

FIRST AID – The St John ambulance will be in attendance on the day with mobile ambulance cover as well as a number of their members actually cycling the courses.

CYCLE HIRE – a number of bikes will be available for hire on the day – these need to be pre-booked through Norman on 07985 168368.

ON THE DAY REGISTRATION – there will be a facility to register on the day but there will be a supplementary charge and there can be no guarantee that your t shirt and medal will be available on the day for you to collect as they need to be pre-ordered, so early application would be appreciate

GROUPS – remember if you are cycling in a group of 10 or more either on one ride or across various rides then please contact us either on info@durhambigride.co.uk or on 0191 3833042.

CHARITIES – the various rides are an ideal way for friends and family to fund raise for a worthy cause. Some of the causes with which the Durham Big Ride is currently associated are shown on the web site links; there are, of course, others so please use this event as a reason to fundraise for your favourite charity/worthy cause.

THE ROUTES – there will be a number of rolling road closures to reduce the amount of traffic on the day, however some vehicles may still be encountered so **PLEASE** remember **AT ALL TIMES** to obey the highway code and exercise caution **AT ALL JUNCTIONS**. In particular respect other users of the track along the Lanchester Line Cycle Route as you head for home.

ADVICE – THIS IS NOT A RACE – IT’S A RIDE – there will be no timing on the course and no prizes for finishing first!

REWARD – On finishing you will get your goody bag, a hi-viz pull through bag, with a Durham Big Ride 2010 T shirt, medal and other goodies. In addition we will be giving out free water, and fruit at the finish to perk you up!

We also hope to again have a masseurs’ work station near the finish to help ease those tired limbs

ENTERTAINMENT :Tom Rolfe will again be doing his circus workshops for the youngsters and Hetton Hawks will be running a cycle skills section; there will be a small refreshment area for hot and cold drinks, sandwiches etc.

We hope you enjoy your day and should you require any further information then please do not hesitate to contact us via email to info@durhambigride.co.uk or by telephone to 0191 3833042 and we will do our very best to help.

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SUNDAY 12th SEPTEMBER 2010